



Ginger Orange Smoothie (immunity builder)

1 cup ice
1 cup orange juice
1 Tbsp grated fresh ginger
1 whole banana
2 Tbsp honey

Add all the ingredients in a Vitamix®. Start on low and slowly increase the speed. Increase to high until all the ingredients are blended and smooth.

Pineapple Mint Smoothie (Soothing stomach)

1 cup water
2 cups pineapple, cut into 1" chunks
Leaves from 2 sprigs of mint
½" piece of ginger, peeled

Add all the ingredients in a Vitamix®. Start on low and slowly increase the speed. Increase to high until all the ingredients are blended and smooth.

Power Breakfast Smoothie

4 kale leaves
1 cup organic frozen blueberries
2 Tbsp chia seeds
1 Tbsp organic peanut butter
½ avocado
1 cup coconut milk
1 Tbsp raw honey
2-3 ice cubes
Squeeze of lemon (optional)

Add all the ingredients in a Vitamix®. Start on low and slowly increase the speed. Increase to high until all the ingredients are blended and smooth.

Coconut Mango Smoothie

2 cups coconut water
2-3 Tbsp lime juice
2 cups chunked mango
Pinch cayenne

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